



Your Everything Guide to Fixing Your Skin with Face Oils

Author: Jasmine Garnsworthy

Date: July 2016

URL: <http://stylecaster.com/beauty/best-face-oils/>

URL: <http://stylecaster.com/beauty/best-face-oils/slideshow/1>

URL: <http://stylecaster.com/beauty/best-face-oils/slideshow/4>

URL: <http://stylecaster.com/beauty/best-face-oils/slideshow/5>

URL: <http://stylecaster.com/beauty/best-face-oils/slideshow/13>

URL: <http://stylecaster.com/beauty/best-face-oils/slideshow/25>

Despite the fact my own complexion is oily and I'm no stranger to a breakout, the most effective beauty product I've ever used to both moisturize my skin and control congestion is a \$19.95 jar of pure jojoba oil. Many dermatologists have warned me about using oil on my skin, but expensive creams and serums often cause my 26-year-old skin to break out (using one well-known expensive tub of moisturizer spurred the worst chronic cystic acne breakout of my life!). Meanwhile this humble—and cheap—face oil keeps my skin glowing, hydrated, and relatively blemish-free.

Since making this discovery a few years ago, I've broadened my regimen to include more oils. Some nights I'll layer rosehip or passionfruit seed oils on top of jojoba for their powerful antiaging properties, and I rarely get on a plane without a small tub of tea tree oil to address any spots that pop up while traveling. I'm not the only person who swears by this natural elixir, either—before Tazorac became the topical anti-acne cream of choice, and we started

shilling out hundreds of dollars for retinol creams; natural, plant-based oils were the ointments of choice. In fact, some cultures still use the holistic skin-care treatment to fix all kinds of issues, and it's only relatively recently that Western beauty brands and dermatologists have started catching on.

However, not every oil is created equal, and you should be looking at different types to address various issues. Some are antiseptic and will help stave off an acne, while others are both hydrating and have aromatherapeutic qualities that can help you manage stress. Click through to learn which oil is right for your skin.

Slide 1



In addition to pairing well with a caprese salad, olive oil can help fight the signs of aging. "Extra- virgin olive oil is rich in polyphenol antioxidants, giving it anti-inflammatory and antiaging benefits," explained Dr. Debbie Palmer,

dermatologist and creator of Replere skin care.

Slide 4



Repair and Replenish Night Creme, \$124; at Repere

Slide 5



As its name suggests, this oil comes from the nut inside the marula fruit, and it also happens to be a powerful antiaging ingredient and safe for skin that's no stranger to a breakout. "It contains antioxidants and essential fatty acids such

as omega-6 and 9. It is anti-inflammatory, noncomedogenic and antimicrobial —making it great for acne and skin rejuvenation," explained Dr. Palmer.

Slide 13



Because neroli comes from the oil of orange blossoms, it's often used in beauty products as a fragrance, but it can also hydrate the skin and may even help with anxiety. "In one aromatherapy study, this oil helped reduce blood

pressure and pre-procedure anxiety for those people undergoing a colonoscopy,” explained Dr. Palmer.

Slide 25



There's a reason why you see arnica popping up as an ingredient in moisturizing lotions that promise to ease muscle tension—it's widely used to remedy bruising and muscle soreness. Some brands even use arnica oil as an

ingredient in eye cream to get rid of dark circles. "Arnica is believed to be a natural anti-inflammatory and can be applied topically to the skin for pain and swelling from bruises, insect bites, sports injuries, and arthritis. The actives in it may reduce swelling and pain," said Dr. Palmer.

Copyright 2016 © all rights reserved by stylecaster